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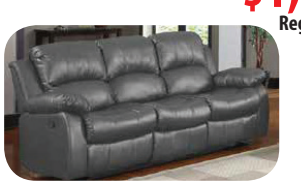

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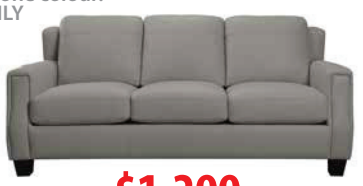
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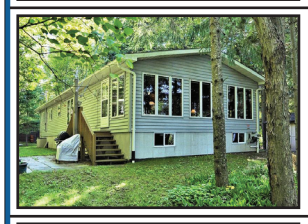

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Big Fish Derby returns for second season

The Big Fish Derby: #MyHaliburtonHighlands is back starting July 1.

The three-month catch, photograph and release event allows anglers of all ages and skill sets to fish any lake in the Haliburton Highlands in pursuit of the biggest fish. More than $5,000 in cash and prizes are available to be won in five species categories including muskie, large and smallmouth bass, walleye, rainbow trout and pan fish.

Residents and visitors to the area can choose between a weekend, month or seasonal registration. Registration starts at $15 for a weekend pass. A portion of proceeds will help to support fish stocking programs of the Haliburton Highlands Outdoors Association.

In addition to monthly prizes and a $500 grand prize for the biggest fish in various categories, there are a number of random cash and prize draws which will be drawn at the conclusion of the event.

"Last year was a learning process. We wanted to continue to offer this opportunity to anyone that calls the area home, even if it's home for just a weekend," says John Teljeur, event organizer. The event is presented by CNPHC Events in co-operation with the Amazing Agency.

"Amazing Agency finds unique ways to tell brand stories in this digital age. While we work with companies large and small across Canada, our roots are firmly in Haliburton County. So what better way to share our brand story of unique content, digital distribution and local roots than this innovative, digital fishing derby?" says chief content officer, Jim Love.

The RTO 11 Tourism region, which the Haliburton Highlands is part of, saw more than 620,000 fishing visitors in 2014. The event organizers hope to assist local accommodations and businesses to convince some of them to choose the Highlands as their fishing destination.

Submitted

Norland Summer Festival is back

After being cancelled in 2017, the Norland Summer Festival is back this year, scheduled for July 14 to 15. The festival begins in Ward Memorial Park on Saturday with a lob ball tournament beginning at 8 a.m., and a horseshoe tournament beginning at 10 a.m. with cash prizes. There will be free children's activities in the park from 10 a.m. to 4 p.m., and various displays and booths to see.

The festival continues into Saturday night with a barbecue beef dinner at 6 p.m. presented by the Kinmount Royal Legion Ladies Auxiliary followed by a loonie auction. Be sure to put on your dancing shoes for 9 p.m. in the community centre with music by Live on the Line.

Tickets for the dance are $10 and available at the Coboconk, Norland and Area Chamber of Commerce. Tickets are also available at the door. Enjoy the end of your weekend on Sunday with a joint worship serviced hosted by Hope United Church and Pioneer Baptist Church from 10 to 11:30 a.m., children's activities in the park, a chili cook-off from 12 to 3 p.m., and the RedNeck Ruckus Demolition Derby beginning at 2 p.m. Find out more by liking the group on Facebook at Norland Summer Festival.

County Life

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The things we kept

JANET TRULL
Special to County Life

We moved cottages on the first Thursday in June. Mosquitoes and black flies chased the moving van down the lane, and the last glance of our empty cottage was barely visible through a drenching downpour.

Moving is emotionally and physically exhausting. When I realized how much stuff we owned, I felt like I was drowning in my own junk. Cottage junk is sneaky. You buy it full of anticipation for fun times. But the fun is short-lived. A broken toboggan, cheap plastic chairs, inflatable tubes that no longer inflate. (They came with patching kits but, where did we put them?) All these and more went to Landfill Mountain.

I want to do better. I vow to stop myself before I buy anything plastic, or encased in plastic. I vow to be more mindful about recycling. My friend Sheila, who is a member of the Algonquin Highlands Environment Committee, suggests that even small changes help. She knows of an environment-savvy dog who licks the household's peanut butter jars clean before they go in the bin. I don't have a dog. Or a long enough tongue. But I can do better at rinsing out cans and jars.

In the chaos of summer visitors, I have been guilty of ignoring everything I know about responsible environmental behaviour. Purchasing cases of water for convenient hydration? Check. Filling my grocery cart with excessive plastic packaging? Check. Sheepishly sorting my recycle bins at the landfill? Check. I don't want to wreck anyone's holiday fun, but heads up. Our new cottage has a recycling system. And some higher standards for product endorsements. There will be a brief educational presentation upon arrival.

Moving cottages means decluttering, donating and dumping. But it also means evaluating the things that make the cottage special. Here's what we kept.

Great Grandma's dishes. They have listened in on engagement announcements, toasts to those no longer with us, and exclamations over Thanksgiving turkeys. They remember the days when grace was said at every meal, and when no one left the table without finishing every bite.

Grandpa's boating cap. It lent an air of excitement to motorboat rides down the lake to Ingoldsby for ice cream cones. Whoever wears the cap gets to say things like, "We're not going anywhere until everyone has a life jacket!" And, "Remain seated until the craft comes to a complete stop."

The broken paddle from Camp Wanakita. Some mementos are impossible to part with, even though they have no practical use.

The old pendulum clock. It hung in my father's hardware store, keeping time in a simpler era. It reminds us that cottage days unwind at a slower pace. Tick. Tock.

Three canoes and a paddle board. A new lake to discover!

The red campfire chairs. In the gloaming, the sounds are the same at every cottage. A loon's call. A ghost story. An axe splitting cedar.

Oil lamps from the first family cabin. The harsh whiff of kerosene recalls dancing shadows against rough-hewn walls.

The crib, high chair, and homemade wooden blocks. Children with cottage memories will always have a refuge in a crazy world.

Seven thousand screwdrivers. I blame Uncle Whit. Thirty years ago, we inherited his boathouse full of nails and screws and rusty chains that "might come in handy one day." Each screwdriver has its own heft, its own history of past projects. It would seem unlucky to part with them.

Games. Monopoly, Scrabble, Risk, Clue, Uncle Whit's crokinole board, and three beautifully crafted cribbage boards. Then there are the lawn games. Squirrels love to see us bring out the corn hole game, with beanbags filled with real corn. They patiently wait for a break in the action. While everyone goes for a swim or gets a hamburger, they play their own evil game.

That's all the important stuff. The indispensable and undisposable and irreplaceable. There is a surprisingly small percentage of plastic in the things we kept. Meanwhile, I will shop more wisely, recycle more mindfully and enjoy all the things summer has to offer. Things you will never see at the dump. Forest trails, morning dips, starry nights, friends and family.

Some things you just can't part with, like Uncle Whit's boathouse full of nails, rusty chains and 7,000 screwdrivers. Each screwdriver has its own history of past projects. It would be unlucky to part with them.

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Wildlife in your backyard

"This huge bear was just strolling through our yard on his way to the landfill. We've seen him/her a few times walking the same route," writes David Mount of Algonquin Highlands.

A lovely Blanding's turtle. Listed as threatened in the Ontario Species at Risk site. Photo by Belinda Gallagher

A male hooded merganser looks for his next meal on the shores of Lake Kashagawigamog./ Submitted by John Bordignon

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Sculpture project displays local values

The following is the speech given by Shelley Schell at the launch of the Downtown Haliburton Sculpture Project on June 21.

This wonderful project was inspired by The Elora Sculpture Project. In addition to Jim's comments, I want to acknowledge the warm hospitality that Luke and I enjoyed when we attended the opening of their 2018 project in May.

One of the goals of the Haliburton Sculpture Forest was to provide an opportunity for people to be in the presence of art. We wanted to create an outdoor, informal gallery to be enjoyed by art enthusiasts as well as people who might not choose to engage in more formal settings. Expanding this concept to the business section of town enhances this goal but it achieves something else as well. Something that's very important. The Downtown Sculpture Project makes a statement about the kind of place Haliburton and the Haliburton Highlands are.

The presence of art in public spaces does more than transform and enhance those spaces; it expresses community values. The support for this project has been remarkable, enthusiastic, broad, and heartening. That support – from local government and the Haliburton County Development Corporation to businesses and property owners – is the evidence of values and a large part of our community identity.

The art involved in this project is here for everyone – permanent and seasonal residents, the young and old, the interested and disinterested. The pieces will spark thought and comment; they'll garner attention; and they'll tell people that Haliburton values art, artists, and the creative process. These works of art will become an important part of the reason people want to visit and want to live in Haliburton.

Thank you, [to the artists] Julie, Darrell, Scott, Andy, Tim, and Mike, for being part of our community this summer.

Shelley Schell is the vice-chair of the Sculpture Forest Board and co-ordinates the part-time program at Haliburton School of Art + Design.

Mother Earth looks out over Head Lake in Haliburton. This piece by Scott McKay is part of the downtown sculpture project and will be on display until October. / JENN WATT Staff

Seeing

Wind warm as fur, pawing in the trees, painting
the flesh of leaves,
that tremble in the Sun, blotting the sweat beading
on my brow,
as I sprawl on the grass beside the willow
watching breeze dimple the Lake,
rumple the faces of lily-pads splayed in clusters
near the shore.
How serene, they seem, their green Skin glistening
in the Sun,
how smooth, the surface of things always appears,
as my eyes plunge deeper into the Lake,
grazing the tendrils of tangled weeds, swarming
the stems of lily-pads,
their roots mired in mud.
My eyes forage through the underwater forest,
how dense in some places, in other spots, sparse,
pebbles peeking through the silt.
I wonder whether the weeds feel Wind,
swaying to a silent rhythm of their own,
the reeds, fringing the shore, bending their spines,
bowing to Wind, as it sweeps through the branches of willows,
barges through the window of the wooden treehouse
that dangles from a branch, Wind hurling it to and fro.
I gaze up at the tiny treehouse, that I pass each day,
sometimes pausing on the path to stare at it,
wondering whether its hollowness is ever filled
with seeds, whether birds ever come.
I fish into my pocket for some crumbs,
Wind snatches them from my hand.
I stand back up, staring down at the dented patch
of grass my body leaves behind,
my limbs wobbly from Wind and Sun.
I watch the tiny treehouse sway in the Wind, a
longing swelling inside me,
for a place, a time, a room, to which I sometimes
return.
I blink to smudge the memory away.
For a long time, I stay, watching the treehouse
sway,
wondering whether others feel the same,
whether they pause on the path, to reflect or
remember,
that place, that time, that room, that held them,
warm and quiet and still, before Wind swooped
in,
hurling them back into the World.

Sylvie Kalenda
May 2018

Top 10 interesting facts about Canada

SINCE CANADA DAY is rapidly approaching, I thought this would be a good time to remind readers and tourists from outside of Canada about some of the lesser known facts about Canada and Canadians. Here are my top 10.

1. We have never had a successful winter nudist camp north of Sudbury.
2. At least 90 per cent of our population has gone downhill skiing – and for at least 50 per cent this was intentional.
3. Plaid is our national colour.
4. If another ice age ever comes, we will dominate the world for the first three periods.
5. We don't have nukes but we do have dozens of Nickelback cover bands. And we're not afraid to use them either.
6. We haven't domesticated moose yet but when we do our cavalry will be amphibious.
7. Without free health care, we'd have fewer hockey fights.
8. If someone ever develops a good black fly recipe, we'll be able to feed the world.
9. We are bilingual, which means every Canadian can swear at you in at least two languages.
10. Every Canadian knows how to expertly tie a canoe on the roof of a car – but we rarely come home with the anchor.

STEVE GALEA
Humour Columnist

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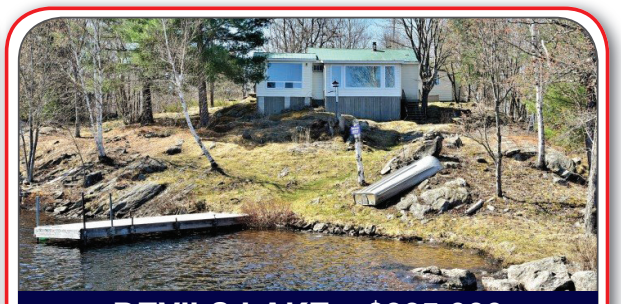

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Turboprop to perform Jazz at the Museum

NATE SMELLE

County Life Staff

Award-winning drummer/band-leader Ernesto Cervini and his sextet Turboprop are coming to Haliburton to treat a very lucky audience to a special performance at the Haliburton Highlands Museum on Saturday, July 7.

The band is comprised of six of Canada's top jazz musicians on the scene today: Tara Davidson on alto saxophone; Kelly Jefferson on tenor saxophone; William Carn on trombone; Adrean Farrugia on piano; Jim Vivian on bass; and Cervini steering the sound from behind drums.

Having toured across the country several times now, Turboprop has developed a significant following that seems to grow with every time they perform.

Cervini and his bandmates' dedication to their craft and the colossal amount of time they spend on stage together is garnering a great deal of attention and applause from the jazz community. Their sophomore album *Rev* was recently nominated for a 2018 JUNO Award for Jazz Album of the Year.

"One of the things that people always enjoy when they come to see us play is that we have a lot of fun on stage; there's a lot of joy and love in the band," he said.

"We are a really tight-knit group, and while the music we're playing is all jazz, there's a little bit of everything in there. I like to make sure to explain what the inspiration was behind the song, why we're playing it, and what it means. It gives people an idea of what they're listening to so it's not just music for music sake. And it helps them relate to the music, because it's very emotional and personal music."

Growing up in a musical family, Cervini said he first studied classical piano and clarinet before he found his way to the drums. Looking back, he said it was his two older sisters who inspired him to dive deeper into the world of jazz.

In fact, it was after hearing his oldest sister Amy, who is now a jazz singer in New York City, practising Charlie Parker solos on the saxophone, that he first felt a calling to explore the genre.

"By the time I was in Grade 9 I knew I wanted to be a jazz drummer," he said.

"I knew it was just a matter of putting in the time and the effort, but I never really had a question of what I really wanted to do. I was lucky because a lot people struggle with figuring out what they want to do with their life; it can be daunting. It's a big decision and it can be a scary. I think the decision I made was a little bit scary, because deciding to be a musician is a bold decision – there are no guarantees. But I started performing a young age, playing gigs when I was 12, and I just always felt at home up there."

Though jazz has always called to him the loudest, Cervini draws inspiration from all genres of music.

A self-described "huge" fan of the band Radiohead, he often performs jazzed covers of the iconic rock band's songs; and even plays in a Radiohead tribute band on the side.

Immersed in jazz festival season, Cervini said he has shows scheduled almost every night over the next week and a half. Taking the stage with several bands during this time, he said he will be back and forth between a between Ottawa, Montreal, Toronto, Rochester and of course Haliburton.

Some musicians might feel intimidated by such a hectic line-up of performances in such a short timeframe, however Cervini is not one of them. Instead, he is thrilled to have the opportunity to do what he loves.

"It's going to be crazy, but this is what I live for," said Cervini.

"I can't wait; it's always so much fun to play great music with great people at all these amazing festivals."

As the host of Canoe FM's Jazz at the 45th program – the sponsor of the performance – Tim Hagarty is looking forward to having the chance to experience Cervini and Turboprop's music in the intimate setting of the museum. Whether already a jazz fan or not, he said listening to and seeing such talent up close in such a unique venue will be a night to remember.

"If you see the jazz and if you're right there, especially in a venue like this, it's a totally different experience," Hagarty said.

"They [Turboprop] are innovative, they're electrifying, and they have an energy that is just crazy. And yet they will sit down and play songs that will make you cry. You'll be just sitting there watching the guys do their thing and they will amaze you. Really, it's all about introducing people to jazz and hopefully getting them hooked."

Hagarty said the event is also a fundraiser, with net proceeds raised going to the museum.

Turboprop will perform at the Haliburton Highlands Museum on Saturday, July 7 from 7:30 p.m. until 10:30 p.m. Tickets cost $30, and are available for purchase at Canoe FM and the museum. For more details visit www.haliburtonhighlandsmuseum.com; or contact info@haliburtonhighlandsmuseum.com; or 705-457-2760.

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August 17 • The Chris Smith Band > country
August 24 • Trina West > folk originals
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Evolving ... again

MARCI MANDEL
Way of Wonder

I STARTED WRITING a column in Haliburton County about 20 years ago and at first it was titled Trundling Along the White Trail. The name came from seeing white slashes painted on the trees and rocks in our backyard and following them at leisure into the forest. We later learned the slashes marked the wilderness section of the Ganaraska Hiking Trail.

After months walking my dog and pondering life's big questions, the White Trail took on a different meaning – when you spin a disk painted with all the colours of the rainbow, it becomes white: the individual colours become one. To me, this is what the spiritual journey is about – recognizing each of us are both, and at the same time, an individual and also something greater.

Through the years the title of the column changed as I grew, from Trundling Along the White Trail to Scampering Along the White Trail, to Dancing Along the White Trail, and most recently, just Along the White Trail. This year it seemed time for another change.

Something happened over the winter to alter my perspective yet again. We are building a house on our sugar bush property with the local firm, Quantum Passivhaus. This incredibly designed, insulated, and ventilated home will amazingly cost only about $75 a year to heat. Our present home faces north and is always cold, even in the summer, and I realized all I wanted – what I deeply longed for – was to be warm; I just want to be warm. As I told this to my friends, I began hearing these words in a different way; the words began to resonate deep within: I just want to be warm.

I soon realized the warmth I longed for came from opening my heart. This sounds so easy – so many poems, movies, and songs constantly remind us the joys of this act, but wow, it isn't easy at all. Past traumas can block us and scare us away from true, deep intimacies.

There's a saying that's pretty popular these days: Kindness Matters. I even saw it on a camper's T-shirt the other day. But what does an open heart overflowing with kindness look like? Some think it's being nice, but I'm not sure that's very informative. What I've noticed is kind people are encouraging, they're thoughtful, they're gentle, and they really listen to your words and your silences. Kind people seem to have their feet on the ground and have a little something extra for the donation and tip jars. Kind people appreciate you as you are and don't expect you to know better. Kind people smile, and they don't seem to be in any hurry. The energy in a room lightens when a kind person walks in, and somehow all eyes return to them even when they aren't talking. Kind people don't seem to be longing for anything; they appreciate even the challenges. Criminals have been changed by victims who have shown them kindness; suicides have been deterred. And best of all? Excelling at kindness doesn't take a certain body type or background.

We are all programmed to be kind – and at the same time we are all programmed to be individuals with needs and desires. These are two linked aspects, just as chromosomes and butterflies have two linked aspects. There is no hierarchy, one isn't better than the other; the goal is to have both aspects fully functioning, fully open – fully healthy.

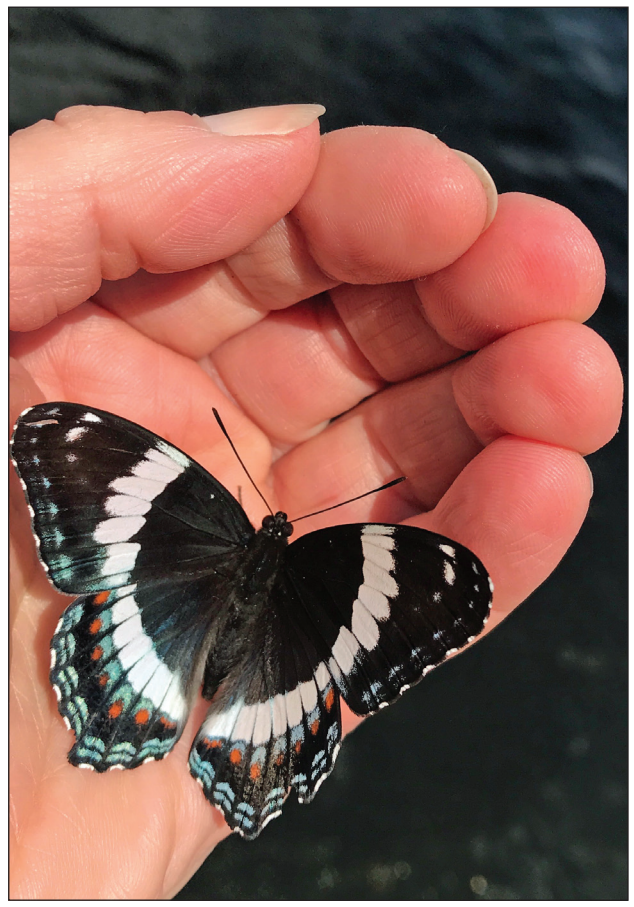
Kindness does matter because without it we aren't fully who we are; we aren't fully alive. And if we're not fully alive, we're full of ungrounded longing: I want a better this, I need a new that, if only….

So I started being kinder first to myself: "It's OK, Honey. Just give yourself a bit more time next time, OK?" or "Hey, good job getting that cleaning done. Awesome work!" Encouragement, enthusiasm, and appreciation all loosen the shackles and allow the heart to open and warm.

I am kind. And after 20 years of exploring on the White Trail, I've learned I am a powerful woman who functions best when I ground myself in warmth and kindness every day, and also that being warm, being home, is just a choice away in each moment.

So what is the Way of Wonder? Well, if Along the White Trail was about finding markers to find the way home, the Way of Wonder is about being home, about feeling the warmth, support and enthusiasm bred in kindness, bred in sharing the home fires.

Wow, what an adventure!



We are all programmed to be kind – and at the same time we are all programmed to be individuals with needs and desires. These are two linked aspects, just as chromosomes and butterflies have two linked aspects. /MARCI MANDEL Special to County Life

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Art on the Dock to support Artists in the Schools in 2018

NATE SMELLE
County Life Staff

For the past three years, art lovers have flooded the shores and backroads around Haliburton's Kennisis Lake each July to experience the Kennisis Lake Cottage Owners' Association Art on the Dock exhibition.

Returning for a fourth year, the two-day event will take place on Saturday, July 7 from 10 a.m. until 4 p.m., and on Sunday, July 8 from 10 a.m. until 3 p.m.

The 2018 tour features the creations of 37 artists and artisans, on display at 17 locations – docks, decks, cottages, loft spaces and garages.

With exhibitors working in a variety of media – watercolour, oil, acrylic, photography, soap, jewelry, pottery, wood, sculpture, mixed media, textiles and more – there is a plentiful selection of one-of-a-kind creations to choose from.

Pointing out that many of these destinations are accessible by boat and/or road, Janis Parker, co-founding member of the exhibition's organizing committee, says the event is a creative way of bringing people together and building community.

"It's a very unique event that gives the lake community a chance to get to know each other," she says.

"It also brings in a lot of people from outside of Haliburton, so it showcases the beauty of Haliburton while giving local businesses a boost. We have so many talented and creative artists in our community, so it also helps to give them more exposure."

Art on the Dock is more than just a fun event and an effective way of connecting people in the community, Parker explained. It has also become an important fundraiser for the Haliburton Highlands Arts Council's Artists in the Schools program, she says.

This program provides elementary school-aged children and teachers in Haliburton County with arts experiences facilitated by local professional artists; curriculum links between the arts and other school subjects; opportunities for children to learn about various careers in the arts and creative businesses; and connections between the community and local schools.

"There are all sorts of benefits for kids who have the opportunity to explore their creativity through the arts," Parker says.

"Artists in the Schools is such an amazing program; we're very happy to support it. Last year we raised $4,000, and this year we are hoping to raise even more."

For more information about the fourth annual Art on the Dock exhibition, including a destination map and a full list of participating artists and artisans visit www.klcoa.org/events.

Kareen Hague's birch paintings were on display at the Kennisis Lake Cottage Owners' Association's third annual Art on the Dock exhibition last year. This year's event takes place July 7 and 8. /File photo by Robert Mackenzie

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Using wood ash to restore calcium in lakes and forests

JENN WATT

County Life Editor

Years of acid rain have left some lakes in central Ontario with "ecological osteoporosis," a term scientists use to paint a picture of what happens to the environment when not enough calcium is present.

In May, Dr. Norman Yan of the Friends of the Muskoka Watershed gave a presentation to representatives from Haliburton County lakes about the importance of calcium and what can be done when a lake is discovered to have too little of the mineral.

With more than $74,000 in funding from the Ontario Trillium Foundation, the Muskoka watershed group was able to begin work on a wood ash recycling program, which would help correct the calcium problem.

Yan and his research colleague Dr. Shakira Azan presented at the Stanhope Firefighters' Community Hall to a meeting of the Coalition of Haliburton Property Owners Associations on May 25.

Plants and animals need calcium to grow, but the amounts differ between species. The crayfish, for example, is between 10 and 30 per cent calcium. Fish are between two and eight. Wood is .1 per cent calcium, but bark is three per cent.

"Forests need it. Lakes need it for sure. And there's a problem," Yan told the group.

"There's been, in the main Dorset study lakes, a 35 to 40 per cent decline in calcium over the last 35 years. … These are very serious declines."

When the level of calcium drops below 1.5 milligrams per litre, things start going wrong, he said.

The Dorset study lakes include Blue Chalk, Chub, Crosson, Dickie, Harp, Heney, Red Chalk and Plastic, which are studied by the Ministry of the Environment through the Dorset Environmental Science Centre.

"These data sets are a provincial treasure, in my opinion," Yan said in a follow-up email with the paper.

In Plastic Lake, five species of daphnia were lost when calcium levels hit the 1.5 mg/l threshold.

The loss of daphnia can be a problem as the little water flea eats algae and algal blooms can reduce water quality.

Lack of calcium on the land can also slow the growth of trees, particularly sugar maple.

"The nearshore waters of lakes support many species with high calcium demands including amphipods (commonly called scuds) and crayfish, and their populations are in decline or disappearing in several lakes," reads a booklet produced by Friends of the Muskoka Watershed.

Yan said their focus has been on the Dorset study lakes, which were chosen because there is a range of development along the shorelines and range in sensitivity to acid deposition.

"The quite sensitive lakes also turn out to be quite vulnerable to calcium decline. While calcium is falling in most lakes in the area, it's reaching levels that are damaging biota [regional plant and animal life] only in the particularly acid sensitive lakes," he said by email.

What the average person might notice about a lake with declining calcium levels would be fewer clams and crayfish and more algae, Yan said.

"This change has been seen in lakes in the Maritimes when calcium levels fell," he said.

In order to determine whether wood ash collected locally would be of use in restoring calcium levels of the forests and lakes in the Muskoka area, research was conducted by Yan and Azan, who works for the Muskoka watershed group.

Azan spent a week in Yan's garage sifting through wood ash, removing foreign matter, to study the calcium and other components of the ash. The ash was used to test whether it would be toxic to daphnia when mixed with water. They found there was little impact to the water fleas, except when introduced in high concentrations.

The group says wood ash would be spread in forests (not directly into the water) and would make its way into the trees and the lakes through the soil.

With this information in mind, the group is now embarking on educational campaigns to spread the word about the uses of wood ash.

Among the benefits: reduction of waste in landfills, improving forest growth and productivity, and protecting and enhancing populations of calcium-rich creatures in lakes.

A survey of Muskoka residents found that of those who heat with wood, most produce about 20 buckets of ash per heating season, which researchers estimated would mean about 36,500 buckets from all Muskoka residents. In the survey, two-thirds of respondents said they would transport their ash to the landfill or a transfer station – ash that could be recycled in the forests.

The group has applied for grant funding to continue their work, which would expand the program's footprint into Haliburton County.

Wood ash spreading does come with a few risks. Ash must be entirely cool before it's used or it could start a fire. There is also the possibility of heavy metals in wood ash, which researchers recommended should be tested on a regular basis. Fine ash particulate should also not be breathed in. And wood treated with preservative should not be used in the recycling program.

Recycling and Reusing Wood Ash

(The following information is from the Friends of the Muskoka Watershed and used with permission.)

Wood ash can be used in many ways. Here are some ways you can reuse/recycle your wood ash:

- Use cold wood ash in your gardens, on driveways, and on forest soils.
- Use ash from wood that is not pressure-treated, contains preservatives, insecticides, metals, or plastic products, or any foreign matter (e.g., nails, staples).
- Spread wood ash widely on your woodlot, focusing on sugar maple trees that may well receive the most benefit from it. Do not concentrate in any one area.
- Do not sprinkle wood ash in any waterbody on or near your property.

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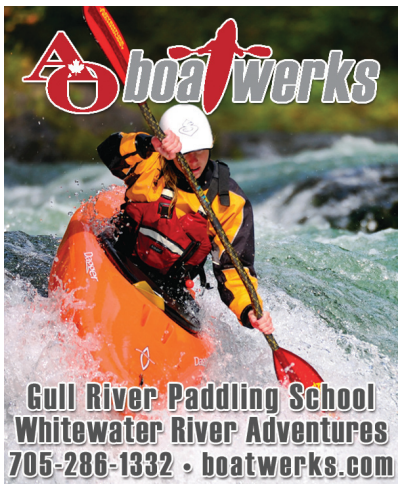

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Wednesday, July 11

Float Your Hull Down The Gull
Meet at Rotary Park
Hosted by the Rotary Club of Minden

Upcoming Events

Thurs. July 12 – Haliburton Highlands Time Travelers at Kawartha Dairy

Wed. July 18 – Algonquin Outfitters with Kayaks on the Gull River
Meet opposite the Post Office on Invergordon Avenue

Thurs. July 26 – Haliburton Highlands Time Travelers at Kawartha Dairy

For more information on these events please call Lynda Litwin - Make it Minden Coordinator 705-286-2911 ext 235

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Of Habits and Habitat

STEVE GALEA
Walking Softly

A LIGHT RAIN turns into a shoe-soaking downpour that fills the bottom of our canoe. It is cold for the last Saturday in June – the type of cold that creeps through your core and causes an involuntary shiver. Despite this, my son and I paddle farther away from the landing, towards my favourite bass haunts.

We fish that morning out of habit.

I never miss an opening day and Ryan still harbors the enthusiasm of youth, which is an insufferable habit that characterizes anything short of a torrent as "just a little rain."

We are on a lake I know well. Well enough to know where the bass beds will be; well enough to know the cliffs from which the herring gulls will swoop down upon us should we get too close. I know how far we can venture if we want to be back by dinner. I know the spots where big bass have been caught and, more often, lost.

A familiarity, gained over more opening days than I care to remember, makes our fishing itinerary predictable. We will fish the shallow flats and drop offs near recently abandoned spawning beds, as we do every opening day. We will offer flies and lures to boulder strewn shorelines and all the jutting points along the way.

But though these things remain the same, the habitat has been altered this year. The space between the straight edges of the cedar browse line and the lake it hangs over is less than normal. Water levels are high; worse still, a cold front is sweeping through.

The gulls, we soon discover, are where they always are – unaffected and belligerent to any intrusion that approaches a cliffside nest that, presumably, is filled with recently hatched chicks.

The fish, however, are not.

I expect to find them in proximity to their spawning beds, perhaps somewhere along the first drop off that descends from the shallow water. The problem is the spawning beds, though they must be somewhere, are not in the usual places – at least not that I can see.

At the area I know best, I cannot find them. I theorize that higher water levels have ruled out that location this year. It's a guess, to be sure, but I do not see even one swept out circle of rubble within that traditional site. And I immediately know we're going to have a harder time finding fish.

So, throughout the day, my son and I roam the lake in my old canoe, making small talk, picking up a dozen or so small bass, and even a little muskie, here and there.

Though we probably should fish docks, we avoid them. While we know that the nests and accompanying fish are very likely near them, we also know so too are people who'd rather you not cast hooks towards expensive boats or infringe upon their privacy. That is another one of our habits.

When we leave the lake hours later, with a little less reluctance than usual, it hits me that there is a difference between habit and habitat. The first is the way we repeat behaviour to take advantage of the circumstances and what we are comfortable with. The second is what creates the circumstances – and when that changes, habits must follow if we are to succeed.

Just as water levels, raised or drawn down, affect the spawning habits and location of fish, a lake, ringed with cottages, affects the habits of moose, deer, bear, loons or waterfowl. A road that cuts deeply though a wilderness area eventually bleeds it of wilderness. Whether we access it for well-intentioned reasons or otherwise, this affects the habits of all the creatures along the route.

The choice, for all involved, is to adapt or fail. When habitat changes in a minor way, such as a minor variation in water level, life can adapt and work around it. When it changes in a catastrophic way, say the lake gets completely drained or polluted to the point of toxic, it fails.

It seems to me that we must always be aware of what allows the ecosystem to adapt and what causes it to collapse. Therefore, we must never forget the importance of preserving, protecting or creating habitat.

This is not a new or original thought, but it is one that we, as a society, tend to keep further down our list of priorities than we should. We do not get infuriated enough when development and greed ruins a wetland or when short-term gains wins over science-based fact. And though we know certain things are bad for the environment, we often turn a blind eye when it is us taking advantage of their convenience.

We need to do better. And it occurs to me that little things help – like awareness, familiarity and canoes.

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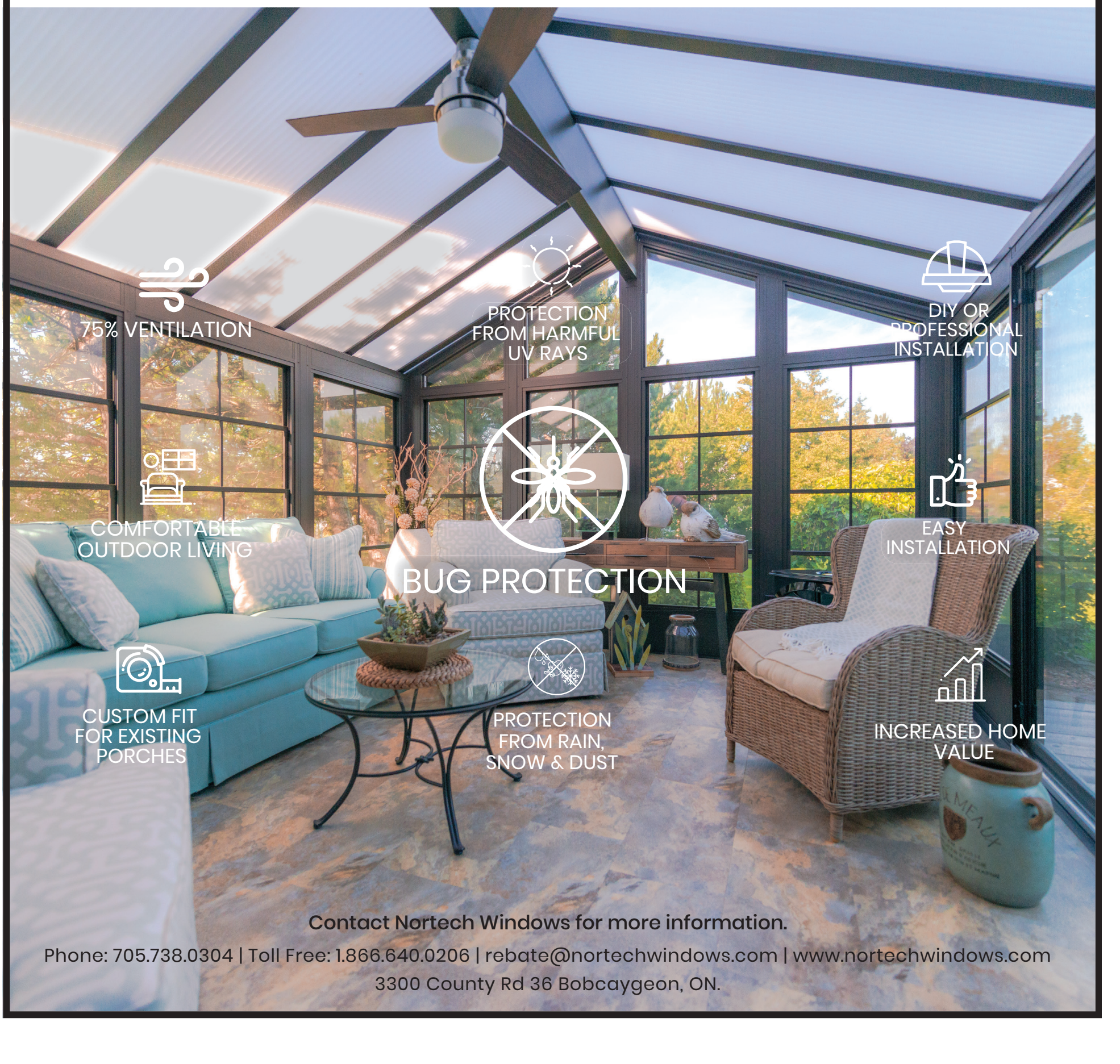

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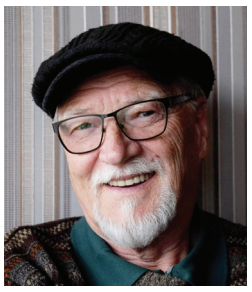
Pinestone tribute to pop duo has Haliburton connection

WHEN CONSIDERING popular singer/songwriter duos from the latter half of the 20th century up to the present, three pairings come immediately to mind: Lennon/McCartney, Jagger/Richards and John/Taupin. There have been many tributes to all three duos over the years, but most fall into the category of clone band shows.

Not so with Two Rooms Live, a concept spectacular, incorporating live theatre with a concert experience. The show, which is coming to the Pinestone Resort on June 30, celebrates the songs of lyricist Bernie Taupin and the music of Elton John. Two Rooms Live is a production of Group Entertainment, an organization that promises, according to the Two Rooms website, "an unforgettable two-act live celebration of the music, lives, and stories behind these brilliant songs and their incredible writers. This stunning production will take you on a journey, inside some of the most memorable songs of our time."



GEORGE FARRELL
On Arts

Some of those memorable songs include Your Song, Rocket Man, Tiny Dancer, Don't Let the Sun Go Down on Me, Daniel, Goodbye Yellow Brick Road, Someone Saved My Life Tonight, Saturday Night's Alright for Fighting, Crocodile Rock, I'm Still Standing, I Guess That's Why They Call It the Blues, Nikita, Sorry Seems to Be the Hardest Word, and The One.

The production features an eight-piece band, walls of video, extravagant lighting, and four different singers, all of this tied together by narrator Alan Cross, a radio broadcaster and a writer on music. Cross is best known as host of the syndicated radio series The Ongoing History of New Music and the Secret History of Rock.

Of the eight musicians two are well-known in the Highlands. They are Craig Titus and Mark Christiano, friends for many years, who formed the much-loved Ya Baby's band. Titus's new baby is Two Rooms Live of which he is co-producer and artistic director. He is also co-owner of Group Entertainment.

Davor Jordanovski is the other co-producer and artistic director, and co-owner of Group Entertainment. He is also a multi-talented musician, and in the Two Rooms Live production he plays piano/keyboards, guitar, bass, harp, and accordion. He also and sings backing vocals.

Titus is excited about the Pinestone tribute to Elton John and Bernie Taupin "I grew up listening to Elton John and it was because of him that I became a pro player," Titus said. As well as his production duties, Titus, like Jordanovski, also plays many instruments: piano/keyboards, guitars and percussion; and he too sings backing vocals.

"I came up with the idea of an Elton John show in 2013," Titus said. Since then Two Rooms Live has expanded to include shows on Richards/Jagger, Lennon/McCartney and Andersson/Ulvaeus of ABBA. "The idea is to celebrate the lyricists and songwriters, but we offer a diverse approach to the arrangements," Titus explained. "Alan Cross 'marries' the show and explains about the stories behind the songs. For instance what was Taupin talking about when he wrote the song Daniel? Who is Daniel?" Cross also explains the meaning behind the two rooms name.

When Mark Christiano heard about the show that Titus was putting together he told Titus, "I have to sing in it." Titus was only too happy to grant the request. "We've been playing together for decades," Christiano said. "He was the best man at my wedding. We've written songs together and have that connection. Craig used to cottage up in the Highlands and that's when we had the Ya Baby's. In the show I'll be singing a portion of the songs with two other singers, and when I'm not singing I'll be playing guitar. Everyone in the band is a full-time musician, except me."

Christiano owns and works at the Hair Lounge in Haliburton. "I have the live show on my computer and I rehearse at home. It's different, but it works," he said.

"Two Rooms Live will be happening in the big ballroom at the Pinestone. It will be a full production set-up as a concert theatre for the night," Christiano said. "I'm really excited to do the show here in Haliburton because a lot of people don't know this side of me."

Two Rooms Live is at the Pinestone Resort and Conference Centre, 4252 Haliburton County Rd 21, on Saturday June 30. Tickets are available at the Resort, the Hair Lounge, 50 York St. Haliburton, or at eventpass.ca.

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Event Listings

Canada Day Celebrations

When: Sunday July 1, 2018
Where: Highlands East
Details: Celebrate Canada Day in Highlands East starting with breakfast at the Cardiff Legion, then crafts and demonstrations in Highland Grove, a flag ceremony and lunch in Wilberforce, storytelling with colourful characters in Tory Hill, and concluding with a barbeque and fireworks in Gooderham.

There'll be games, horse drawn wagon rides, open house at the fire halls, live entertainment and much more. Get your passport in Cardiff and have it stamped in each location to enter the grand prize draw. For more details go to HighlandsEast.ca and celebrate Canada Day!

Paint Party at the Outpost

When: July 24, 2018 - NOON TO 4:30 P.M.
Where: Red Cross Outpost Museum, Wilberforce
Details: Create memories with your friends and family through Paint Parties with Luann! Many ideas to choose from and all supplies included. Parties are usually about 4 hours long. The cost is $40.00 per person plus HST.

Generous portion of the cost is donated back to the organization. Let your inner artist shine!!!

Giant Penny Raffle & Spaghetti Dinner

When: Saturday, July 21, 2018
Where: Keith Tallman Arena, Wilberforce
Details: Browse the tables and purchase tickets from 1PM to 3PM and 5:30PM to 8PM. Plus, enjoy kids' games and activities, snack bar, face painting, exhibit tables and create your own hat at the Mad Hatter table before showing off your creation during the Hat Parade at 7:30PM. Draw begins at 8PM – you must be there to collect your prize! Plus, enjoy an all-you-can-eat Spaghetti Dinner fund raiser for the Curling Club served at the Lloyd Watson Memorial Centre in Wilberforce from 4:30PM to 7PM for just $10/adult and $5/child.

Outpost Scrabble & Coffee

When: Monday, July 16, 2018 from 10:30 am to 11:30 am
Where: Red Cross Outpost Museum, Wilberforce
Details: Play scrabble and get extra points for words associated with the Outpost and its nursing service.

Visitor Information Centre

Open daily 10 am to 4 pm (closed Tuesdays) Not just for visitors! We have information on trails, mineral collecting, geocaching, local events, and more. For more event listings, visit /www.highlandseast.ca/explore/calendar

For more details, more events, and to submit an event visit our website at

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Tour a tiny house

A 350-square-foot tiny house will be sitting in the driveway of the RiverCone in downtown Minden on Canada Day, inviting you to explore and experience this much talked-about approach to making housing affordable.

Members of the Minden Hills Housing Task Force will be on hand to talk with people about any of the four housing types they have identified as not currently available that may be what local people would choose to address their housing needs. A cluster of tiny homes is one alternative, granny flats/secondary suites/garden suites/accessory units are another. Combining retail with second-storey housing to stabilize Main Street is a third. And the fourth is a graduated retirement complex – a facility where a person moves from independent living to down the hall as more supports are needed.

Builder Joe Wills of Barry's Bay Tiny Homes will be present to share decades of experience and expertise. Task force members will share what they've learned over two years of research and discussion, listen to what people have to have to say about what they want, and engage them in an ongoing process to move through the challenges these options face, many within municipal jurisdiction, to turn an idea about Housing for the Missing Middle into a plan into a reality.

The Missing Middle are those people who aren't eligible or don't want social housing and can't afford or don't want what's available on the market. This includes a broad swath of Haliburton's population – students, workers, seniors, small households. Neither individuals nor communities can thrive without appropriate housing. Government can't solve the problem alone, and the market goes where profit leads – which leaves it up to the community to do what they need to do to make housing for the Missing Middle happen through collaborative action. The task force is moving toward creating the conditions under which this can happen. Talk with them on Canada Day and stay connected for follow-up action.

The tiny house will be ready for visitors from about 10 a.m. to 2 p.m.

Mark Your Calendar for a Fun-Filled Summer at the Haliburton Highlands Museum!

Heritage Happenings – Discovering the Decades!
Tuesdays and Wednesdays in July and August, 10:30am-12:00pm
Kids aged 6-12 are invited to the museum for fun and educational activities and crafts focused on 20th century social and cultural history—different activities each day!

Lost Haliburton Boat Tours
Wednesdays in July and August, 1:00pm
Explore the golden era of the lodges and resorts of the Five Lake Chain aboard the Lady of the Lake. Presented in partnership with Highland Boat Tours. Tickets are $20.00, Pre-registration is required.

Playing with Natural Solutions
Thursdays, July 5th – August 2nd, 10:30am-12:00pm
Presented in partnership Spirit of the Waterfalls, this five week program aims to give children aged six to twelve a better connection to our natural world, through outdoor games, crafts, songs and music. $5.00 per child per week.

Night at the Museum!
Friday, July 6th and Friday August 24th, starting at 7:00pm
Presented in partnership with Deep Roots Adventure, Night at the Museum will give kids a chance to explore the museum and Glebe Park in a whole new way! Enjoy a fun night of camping on the museum grounds—all materials supplied. $50.00 per child, pre-registration is required.

Jazz at the Museum VI
Saturday, July 7th, 7.30pm
Canoe FM's, Jazz at the 45th presents Ernesto Cervini's Turboprop, a sextet which features some of the top musicians in the Canadian jazz scene. Tickets are $30.00.

RR5: Scenes from a Playwrights' Workshop
Friday, August 10th at 7:00pm and Sunday, August 12th at 2:00pm
Presented in partnership with Rural Rogues Productions, this show will feature a selection of scenes, rooted in our local culture and written by local playwrights. Tickets are $20.00.

Haliburton Highlands Museum's 50th Birthday!
Saturday, August 11th, 1:00-4:00pm
2018 marks the 50th anniversary of the opening of the Haliburton Highlands Museum – join us for a special afternoon of treats, entertainment and activities all inspired by the 1960's!

Haliburton Highlands Museum is located at 66 Museum Rd.

For more information about registering for programs or purchasing tickets please contact us: 705-457-2760 info@haliburtonhighlandsmuseum.com

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Saturday Aug 18 - 8pm
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	Best Red & White Costume Judging
1:00 PM	PINE LAKE SWIM – START
	LAKEFRONT SWIMMING RACES & GAMES
2:30 PM	FOOT RACES & GAMES (BALLFIELD)
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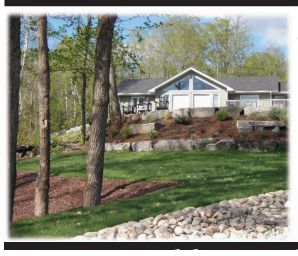

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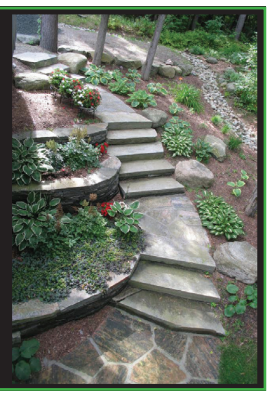

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50 years of acceptance at Camp Towhee

DARREN LUM
County Life Staff

Fifty years later, Joe Short can still remember hearing Dionne Warwick's rendition of Hal Davis and Burt Bacharach's "Do you know the way to San Jose" blasting from speakers across Hurricane Lake to Camp Towhee.

The Mississauga resident was an 11-year-old camper when he attended Camp Towhee, spending six weeks at the residential camp for children, which changed thousands of lives.

The Child Development Institute-operated facility is a few kilometres outside Haliburton off of Highway 118. The camp celebrated its 50th anniversary with an open house event, including opportunities to reminisce, a barbecue and activities on Saturday, June 16.

Since its inception in 1968, Towhee has been improving the mental health of children and youth with learning disabilities; empowering them, giving them independence, and a sense of belonging through group exercises and specialized programming, according to information provided by the Child Development Institute.

The camp helped participants learn to cope with stress with adventures such as canoe trips and art-based learning all set against the rugged natural surroundings.

Short appreciated the opportunity to return to the place he felt accepted and said, "It's like going into a time capsule."

He remembers how he always wore pants throughout the entire stay, and the strong rapport he had with the cook named Yummy and his counsellor, Shelley, and how a cabin mate played Beatles' 45 records on his portable record player.

The beautiful surroundings were also the backdrop to a newly confident Joe Short.

Towhee has a special place in his heart and for 10 years he donated what he could from his work as a labourer to ensure other children like him could get away, be accepted for who they were and find themselves.

For 15 years Nicola Bangham, the camp's program manager, has seen a lot of growth in the campers, the staff and herself.

Camp Towhee helps campers cope with anxiety, enabling them to go to school and establish and maintain friendships.

"We talk a lot about this place being a place of belonging and that the belonging piece is the most powerful thing we offer," she said. "A lot of the kids can't identify a friend when they first come to Towhee and then they walk away [with deep friendships] ... there are kids here who met in 1989 and they are still best friends."

Today, the additional challenges of a modern world are resolved with the remote nature of the Highlands. Many of the campers face the challenge of disconnecting from technology, whether it's mobile phones or video games. When they get to the camp they're quitting cold turkey.

After two or three days, the youth stop showing addiction symptoms such as moodiness and shortness with others, Bangham said.

"You can see they look up and see how beautiful [the area is] and for us what a great skill [that is to learn]: how to be in your world without a device because for a lot of our kids it's easier to interact in that way," she said.

Joe Short takes a swim while visiting Camp Towhee during an open house event to mark its 50th anniversary. Short, who was known as Jose when he was a camper in 1968, has fond memories of his summer spent at Camp Towhee. He said the experience left him with a greater sense of empowerment and confidence. /DARREN LUM Staff

Bangham has taken great pride and satisfaction from her time at the camp. There has been an evolution for her like the campers she has seen come and go.

"I've developed a tremendous amount of empathy for people having anxiety and mental health challenges ... it's helped me become a better therapist. Really working in this environment I've made friends for life here. It's just been incredibly inspiring. A lot of our kids have really had profound struggles and you see them transforming in two weeks," she said.

She said the 50th anniversary is a significant milestone for the camp that she characterizes as a children's mental health treatment centre disguised as a camp.

"It's an honouring of how special and magical this place is," she said.

The power of this camp is evident in how it changed the course of Paul McDonaugh's life.

A past staff and volunteer member from 2000 to 2004, he came to the anniversary celebration with his son and wife. He and his wife met at the camp when they were both staff members.

Circumstance brought the avid outdoorsman to seek employment at the

see page 25

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Camp allows you to 'be yourself'

from page 24

camp.

He was laid off from his architectural technologist job where he worked on waterslides and buildings. He applied to the camp at the behest of his friend, who had worked at the camp and knew McDonaugh wanted teaching-related experience for a possible career change.

After volunteering for one three-week session, he was hired on for the subsequent session in 2000. The following summer he applied to teacher's college in Ottawa and after finishing became a teacher. He currently teaches construction and engineering at a high school in Ottawa.

Camp Towhee program manager Nicola Bangham shares a moment with past staff member Paul McDonough.

"There was a lasting impact on myself and I think I left a lasting impact on Camp Towhee as well," he said.

At the anniversary event, he was touched by how one former camper remembered him.

The camper came up, showing the reflective vest McDonaugh gave him to help with directing traffic during a parent visit more than a decade before. That camper now coincidentally works in construction wearing such vests to earn his living. McDonaugh said that person's confidence grew during his time at camp, particularly during canoe trips.

The high school teacher has even returned to the camp to volunteer as a counsellor and brought his students to build two buildings and other structures on-site.

McDonaugh loves the area and has looked into getting a high school teaching job within an hour of Haliburton. If that doesn't work out, he's been thinking of retiring to the Highlands and, possibly, volunteer at the camp again during retirement.

Lounging at the dock under a strong warm June sun, former camper Conrad Fleet, 36, came up from London for the weekend.

"When you're here you could be yourself instead of dealing with all the peer pressure back at home with school life where you have to be expected to act a certain way. Here you could relax and let yourself go," he remembered.

He spent the summers of 1993 and 1994 at Camp Towhee and said the staff and campers were like extended family. One of those campers from 1994 continues to be a friend of his more than 20 years later. Tasha Taylor was 11 years old when she came to camp and met Fleet.

Camp Towhee held an open house to mark its 50th anniversary. There were former staff and campers, who came to celebrate the milestone, including one camper that spent a summer there in 1968.

The two got along well and spent a lot of time together.

Living in Edmonton now, Tasha wasn't able to make the public event.

Her mother Linda made the trip from her home north of Toronto and was sitting across from Fleet. She called herself Fleet's "surrogate mother." There is always a place for Fleet at her home. Once a year, like clockwork, he stays with Linda. It's part of his vacation spent at Toronto Comicon, the comic book convention.

Linda said Fleet looked out for her daughter.

"Conrad took over and protected her. That was his feeling. He was Tasha's protector," she said.

She said her daughter was a much happier child as a result of the positive reenforcement she received at the camp. It was stark contrast to the bullying and the out-of-place feeling she received before. She could even help others using what she learned while at Camp Towhee. She said Tasha was like a "mini-adult" and helped other children who experienced challenges.

Taylor said there was a residual benefit to Tasha's younger sister, who came for a day and noticed a difference in her sibling in that setting, realizing compromise was integral.

Fleet said what set this experience apart for him was how the counsellors treated each camper with respect despite each of their unique challenges.

Without the experience, he believes he would have gotten into trouble more at school.

He hopes for the sake of other children with special needs that Camp Towhee will continue for another 50 years.

UPCOMING Community Events

PARISH HOME INSPECTIONS

Want to get your event in Community Calendar? It's free! Contact Pat at classifieds@haliburtonpress.com.

Upcoming Events

Endangered Species

Classic Tunes from Ancient Dudes
When: Saturday, June 30, 9 p.m.
Where Wilberforce Legion

Jazz at the Museum VI: Ernesto Cervini's Turboprop

Presented by Canoe FM's Jazz at the 45th
This 2018 Juno nominated sextet, is "innovative and electrifying with infectious energy."
When: July 7, 7:30 p.m. - two amazing sets of all star, all Canadian jazz
Where: Haliburton Highlands Museum - 66 Museum Road
Tickets: $30 (cash only) Available at CanoeFM (705-457-2760) and the Haliburton Highlands Museum (705-457-2760)
Net Proceeds to the Haliburton Highlands Museum

Kennisis Lake Cottage Owners Association: Art on the Dock

When: Saturday, July 7, 10 a.m. to 4 p.m.
Sunday, July 8, 10 a.m. to 3 p.m.
Studio type tour featuring 37 artists and artisans at 17 locations around Kennisis Lake Exhibitors will be showing and selling their fine arts and crafts on their docks, decks and in their Cottages, lofts and garages. Visitors are welcome to tour the lake by boat or by road. Art on the Dock signs will designate the locations.
https://www.klcoa.org/events/art-on-the-dock/

Cooking classes for six weeks

When: starting July 10, 10a.m. to 2 p.m.
Where: Minden Community Kitchen, 24 Newcastle, Minden
Ages from 8 and up are welcome, and the children will learn basic cooking skills and get to eat what they make. Pre Registration is mandatory, just call Marilynne Lesperance at 705 286-2990. This is a joint venture of Monsanto and the OAFB.

6th Annual Tall Pine Tales

Cottage Country Writers present a series of public readings
featuring talented writers from Muskoka and Haliburton County.
When: Wednesday, July 18, 5:30 p.m. to 9 p.m.
Buffet @ 6 p.m.
Where: The Community Room, 13523 Hwy.118, Haliburton
$25, includes Buffet/Presentations/Door Prizes
Master of Ceremonies: Mike Jaycock
Tickets: Sharon Lawrence @ 705-286-6276 or Pat Bett @ 705-455-9074

Bat Box Building Workshop

When: Saturday July 21, 10 a.m. to noon
Where: Abbey Gardens, 1012 Garden Gate Dr., Haliburton
Haliburton is home to the eight bat species found in Ontario. However, bat populations are declining due in most part to White Nose Syndrome, an invasive fungus. Bat boxes are easy to make and install and provide bats with alternative roost sites. Join us to assemble your own bat box from kits provided by the Land Trust and Abbey Gardens. Please register as there are a limited number of bat box kits for these workshop. Register at www.haliburtonlandtrust.ca under the Events tab or call 705-457-3700. Funded in part by TD Friends of the Environment.

Legion Events

Monday – Thursday Lunch 12 to 2 p.m.
Tuesday Special liver day, regular menu also.
Friday 12 to 2 p.m. and 5 to 7 p.m., Fish, Chicken Wings, Fries and Onion Rings.
Daily events:
Monday 10 a.m. to 12 p.m. Haliburton Highlands Rug Hookers. (every two weeks)
Tuesday 10 a.m. to 12 p.m. Senior art group. 1 to 4 p.m., Bid Euchre,
Wednesday 12 - Meat Draws, 4 butcher quality meats for $1 a ticket. 1 to 4 p.m., Ladies Darts, 5 to 7 p.m. Calorie Counters.
Thursday 7 p.m. Darts. 7 p.m. Euchre
Friday Every second week, Karaoke with Fred and Linda, 7:30 to 11:30 p.m.
Saturday Special Lunch every week with meat Draw at 1 p.m.
Sunday Sports Day 12 to 4:30 p.m.

Branch 624, Wilberforce

Friday Wing night 6:30 to 9 p.m.
Jam session 7:30 p.m.
Saturday Meat draw 2 p.m. Early bird 3 p.m.
SHARP
Dance Live band- Endangered Species are playing classic rock from 9 p.m. till Close
$5 cover
Monday Bid euchre 7 p.m. Beginners welcome
Wednesday Fun Darts 7:30 p.m. Everyone welcome
Upcoming events
July 7 - Uncle Bob's Kids Rock Bass Derby. Sign up at the legion by July 6th or the bait shop by 10 a.m. July 7/18.
July 28 - 20th Annual "Best ball" Golf tournament $60/player 9 holes, cart, prizes. Trip to Nevada for hole in one.
Need Ham & Scalloped potatoes cooks and kitchen support for July 6. Help with sports and meat draws. Please let myself 705-727-2417 or the legion 705-448-2221 know if you can help.

Branch 129, Haliburton

Dave Allen, PRO 705-457-2571

Mondays:	Bridge every Monday at 1 p.m.
Tuesdays:	Fun Darts starting at 7 p.m.
Wednesdays:	Bid Euchre 1 p.m. start Bingo Doors open at 6 p.m. Bingo starts at 7 p.m. - $500 Jackpot, $1,000 Jackpot - last Wednesday of the month.
Thursdays:	General Meeting third Thursday of the month starting at 7 p.m. All members urged to attend. Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays:	Cribbage 1 p.m. start, Meat Draw Five Draws, Five Prizes each draw, First draw at 4:30 p.m., last draw - 6:30 p.m. Tickets are $2 per draw. Chester Howse, MC Friday fun darts - 4:30 p.m. onwards
Saturdays:	50/50 Draw 4 p.m. draw, Tickets are $1 each from noon onwards
Sundays:	Breakfast Second and fourth Sunday of the month – 9:30 a.m. – 1 p.m. $6 per person.

Occasional volunteers are needed.
Whether you're planning a function for 10 or 200, for more information call the Legion today at **(705) 457- 2571**, email **rcl129@bellnet.ca** or visit **haliburtonlegion.com** Come on out and support Haliburton Legion Branch 129, everyone is welcome!

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Gardening In The Wild: Heirloom seeds and plants

BELINDA GALLAGHER
Garden Musings

IN PREPARATION for Canada Day celebrations, I planted two heirloom peppers from a student of mine. The proper name for the pepper was long lost, so her family just called it "Grandpa's Hot One." Personally, I think the name is perfect and I haven't even eaten one of the peppers.

This whole notion of heirloom seeds and plants is becoming more popular as gardeners lean away from genetically modified food and lean toward more biodiversity in their gardens. I started to muse about this trend in vegetables and flowers and was surprised by some of my research.

My first step was to clarify the term. As in most things, there is a lot of wiggle room in the definition. Heirlooms are sometimes called heritage plants or heritage seeds. Both refer to a plant that has been grown for many, many years and the seeds are usually handed down within families or communities. These plants are open-pollinated (by bees, butterflies, birds, humans, wind) and breed-true, passing the same characteristics from one generation to the next.

According to the Canadian company, Heritage Harvest Seed, (https://www.heritageharvestseed.com/index.html), "Heirloom varieties evolved over time by natural or human selection, often having wonderful taste, aroma and vitamin content" and these plants exhibit "more genetic diversity".

Surprisingly, there are also so-called "commercial" heirloom seeds and plants. They are plants that were developed or selected by companies many years ago (most use the 50-year rule) and have remained popular varieties with home gardeners. For example, the delicious, beefsteak tomato, "Brandywine", is a commercial heirloom, being offered in the Burpee Seed catalogue since 1886. It is also a generational heirloom handed down for generations within a family unit in Ohio.

Immigrants brought many of what we consider heritage varieties to Canada in the 1800s. But we also have Native North American heirlooms, particularly among the "Three Sisters"trilogy of plants – corn, beans, and squash. Several tribes grew this trilogy for centuries before the arrival of European settlers. It was nice to find some of these old types listed in catalogues. I found "Hidatsa Shield Figure Bean" a good pole, shelling bean, "Mandan Bride" corn, also from North Dakota and "Canada Crookneck" squash, reportedly grown by Iroquois and an ancestor of today's Butternut squash.

You have likely purchased heirloom corn without knowing it if you buy the colourful cobs used for fall decorating. "They're as beautiful as jewels and often just as precious and rare," wrote Barbara Damrosch in the *Washington Post* in 2011. Baker Creek Heirloom Seeds lists a rainbow of varieties such as "Hopi Pink," "Poppa's Red," "Atomic Orange," and "Po'suwegeh Blue" that not only suggest vibrant shades but also deep historic roots.

Another plant originally domesticated by Indigenous people is the sunflower – some archaeologists suggesting domestication before corn, about 3000 BCE. Spanish explorers took sunflower seed to Europe in the 16th century where it became a widespread ornamental plant. A patent for squeezing oil from sunflower seeds was granted in England in 1716.

Peter the Great is credited with the boom in cultivation of sunflowers in Russia leading to two million acres of sunflowers being grown by the early part of the 19th century and a vigorous government research program. Hundreds of years later we see the return of the sunflower to North America in one of the best-known heirlooms, "Mammoth Russian" which has been listed in catalogues since 1880. It is a tall plant, beloved by children for its rapid growth and by birds for its tasty seeds.

So many of the wonderful vegetables and flowers in my garden are heritage plants – "Heavenly Blue" morning glory, scampering over the dried branches of sumac, offered since the 1920s; the Italian heirloom "Dinosaur" or Tuscan kale, with narrow sword-like leaves and a sweet taste after the first frost; the hummingbird magnet "Scarlet Runner" bean, a true North American heirloom since the 1700s originally from Central America. There are also marigolds, sweet William, cosmos, calendula, beets and the tomatoes.

So many of the wonderful vegetables and flowers in my garden are heritage plants including "Heavenly Blue" morning glory, scampering over the dried branches of sumac.

Oh, yes, the tomatoes. "Cosmonaut Volkov" from Ukraine, "Amish Paste" from Wisconsin, "St. Pierre" from France, "Abu Rawan" from Iraq, "Nepal," "Aunt Ruby's German Green," "Omar's Lebanese," "Thai Pink Egg." Just like Canadians, the tomatoes represent all corners of the globe.

One of my favourite tomatoes is "Green Zebra" but it is a bit too new to be an heirloom. Introduced in 1983 by Tom Wagner of Everett, Washington, it is quite firm and a bit tangy. Still greenish yellow when ripe, it makes a great salad tomato and fits in with the odd "Black Krim" and "Cherokee Purple." Some experts consider it a modern or created heirloom. I can go for that.

Happy Canada Day!

The green zebra tomato is beautiful to behold with bright green stripes. Because they have a zesty flavour, they're a favourite with chefs. /BELINDA GALLAGHER Special to County Life

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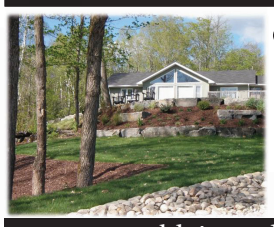

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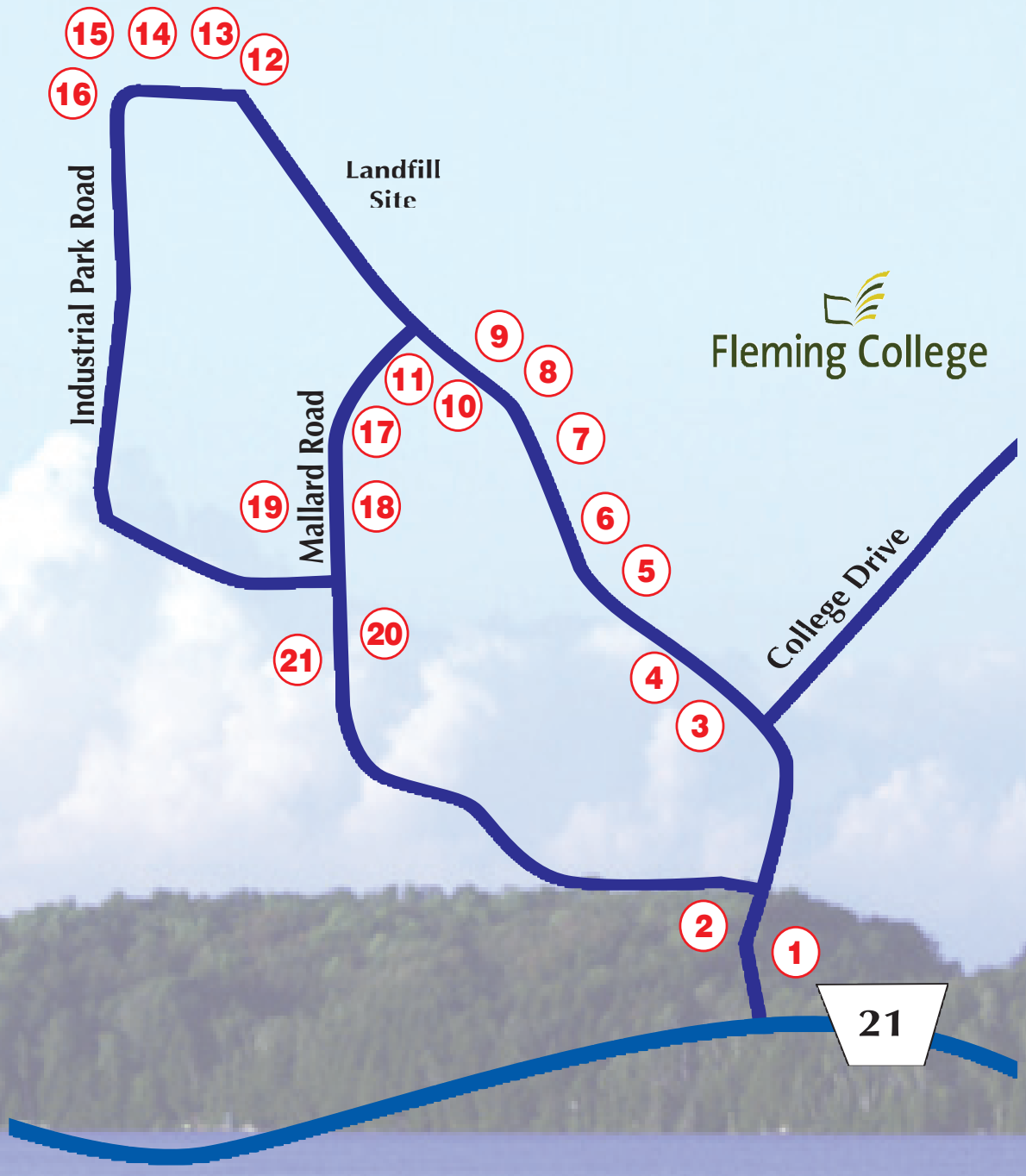

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Be careful around wildlife: health unit

With summer officially here and more people out enjoying the nice weather, the health unit is urging a bit of "critter" caution.

The Haliburton, Kawartha, Pine Ridge District Health Unit is urging people to reduce their exposure to animals that could bite or spread rabies. This word of warning includes wild animals like raccoons and bats, as well as dogs, cats and other pets.

> *"Be extra careful, particularly when a pet may be an unfamiliar animal. Ensure you have permission and full attention of the owner before approaching a pet.*
>
> — Richard Ovcharovich

"We're heading into the season when many people are on vacation and will visit cottages and campgrounds, or explore parks and other natural areas where they can encounter animals," says Richard Ovcharovich, manager of environmental health with the HKPR District Health Unit. "We encourage people to be careful around wild animals and pets, because one simple bite or scratch can put them at risk of serious injury and potential exposure to rabies."

In 2017, the health unit investigated 388 suspected rabies exposure cases involving animals in Haliburton County, Northumberland County and the City of Kawartha Lakes. Almost two-thirds of cases – or 249 investigations – involved dogs.

When seeing any wild animal, Ovcharovich recommends not to pet or approach it. "People, especially children, will see an animal, think it's cute, and not think twice about getting near it. This is not advised," he says. "Instead, it's better to enjoy animals from a distance. If a wild animal is growling or showing aggressive behaviour, back away slowly

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Rabies vaccine essential for pets

from page 30

to gain distance from it. Never turn around and run. Avoid direct eye contact with the animal, as it is a sign of dominance that may provoke some animals to attack."

According to Ovcharovich, domestic pets like dogs should also be approached with caution. "Be extra careful, particularly when a pet may be an unfamiliar animal," he advises. "Ensure you have permission and full attention of the owner before approaching a pet. Even if you are just being kind or well-meaning by petting or touching an animal, your actions can be misinterpreted by a dog or cat, which could scratch, nip or bite you."

Pet owners should also be responsible by making sure their animals are leashed, under control, and discouraged from running free unless they are in a designated dog park. This can also be good for pets, as it may reduce their exposure to wild animals that may have rabies. Regular rabies vaccination of pets is also essential, Ovcharovich adds.

Rabies is a serious disease caused by a virus. It is fatal if left untreated. The health unit must be notified any time an animal bites or scratches a person. Public health inspectors investigate each incident to determine if there is a risk of rabies to the person. If a domestic animal is involved, it is quarantined for a 10-day period to confirm that it was not sick with rabies when it bit or scratched the victim. The health unit provides rabies vaccine for a person, if deemed necessary by a health care provider. To learn more, call the health unit at 1-866-888-4577, ext. 5006, or visit www.hkpr.on.ca.

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Junior fire fighters

Children from CHACE Day Care and Drop-in Centre had a chance to be fire fighters last week. The two groups were given a tour of the Minden Fire Department station and trucks. The visit included an opportunity to operate a fire hose. Spencer Devolin was among the junior firemen who had a chance to squirt the hose. Fireman Grant Hutchinson was on hand to assist.

Meters will become mandatory

by Jerry Grozelle

Minden Hills council is expected to pass a by-law forcing businesses and commercial operations in Minden to install water meters. The previous council made the decision to have meters installed in businesses which are connected to the municipal water supply. Each operation was provided with up to $100 toward the installation, with the hopes that they would all be installed by the end of last year.

To date, only about half the affected businesses have had their meters installed.

Council members agreed that as long as there is no by-law that specifically states the meters must be installed by a certain date, some businesses may put off installation indefinitely.

(more on page 3)

Students DARE

by Matthew Sitler

They'll just say no on their own, thank you very much.

Celebrating their graduation from a 17-week long Drug Abuse Resistance Education (D.A.R.E.) program, students at Archie Stouffer Elementary School took to the stage to accept awards and diplomas.

"I promise to try to stay out of trouble," announced student Stephanie George from the podium. "You're never going to go anywhere except to jail if you do drugs."

Student Jesse Stamp echoed that sentiment saying he didn't want to mess up his career by doing drugs. "I want to grow up to be an under-water photographer or a marine biologist," he said.

"This course didn't really qualify as work," announced OPP Constable Laura Ostler, who headed the education program that was intended to deter drug use among students from the earliest age possible. "Next year, we will be educating the grade 5 students."

Along with Ostler, Brian Mulder, an OPP Co-op student, took part in the educational endeavour. As Mrs. Hagerman, Mr. Johnston and Mrs. Clarke's classes took to the stage, Constable Ostler added that the course was a great strategy. 73 students took part in this year's D.A.R.E. program.

Waving their certificates, students in the grade 6 and 7 celebrate their completion of the 17 week long Drug Abuse Resistance Education (DARE)program at Archie Stouffer Elementary School.

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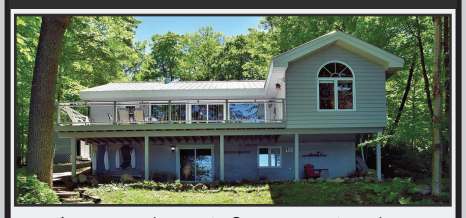

4 season enjoyment. Open concept, sunken livingroom. Bunkie over the large garage. Lovely large sitting deck at the water's edge, extensive docking system. Nice clean shoreline has shallow to deep water. Drilled well & septic. **$769,000**

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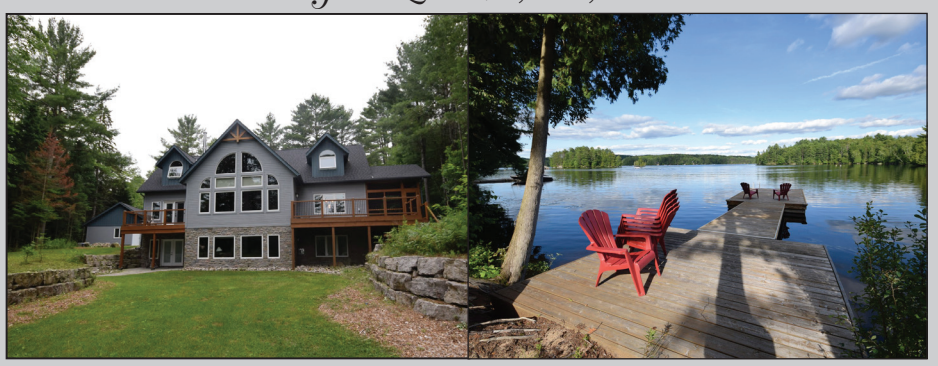

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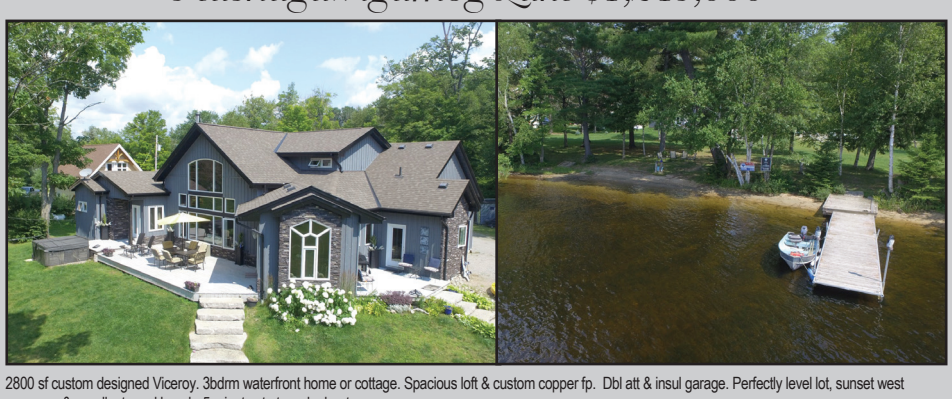

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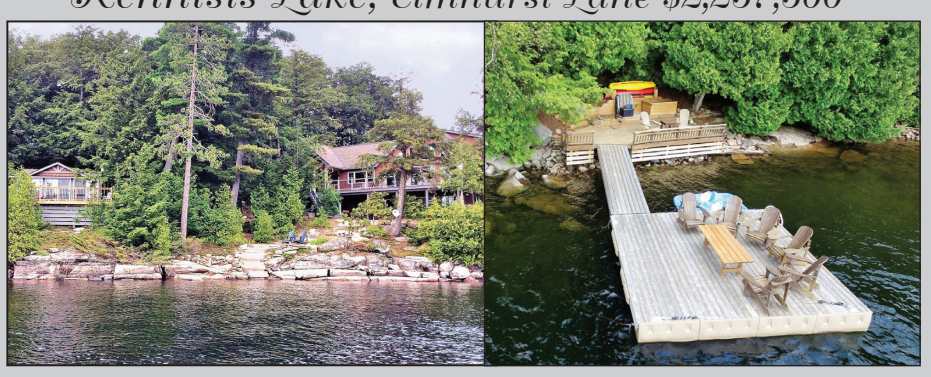

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